



VORLÄUFIGER WETTKAMPFABLAUF

PRELIMINARY COMPETITION SCHEDULE (RUNNING ORDER) 18TH OCTOBER 2025, LUGNER CITY, VIENNA, AUSTRIA 16th International Austria Cup

1	10:00 – 13:00	Registration/weigh-in at Showbühne Lugner City Mall
2	13:30 – 13:45	Verification and Publishing of Competitor List
3	13:45 – 13:55	Verification of judges / judges meeting
4	14:00 - 14:05	Opening presentation (athletes and Models onstage) awards and speeches
5	14:05 - 14:10	Introduction of judges, officials and VIPs
6	14:10 – 14:40	Women's Junior Model Physique open Individual walk-in followed by quarter turns, comparisons and showdown
7		Women's Lady Model Physique +30 Individual walk-in followed by Quarter turns, comparisons and showdown
8		Women's Lady Model Physique + 40 Individual walk-in followed by Quarter turns, comparisons and showdown
9		Women's Model Physique -160cm Individual walk-in followed by Quarter turns, comparisons and showdown
10		Women's Model Physique -165cm Individual walk-in followed by Quarter turns, comparisons and showdown
11		Women's Model Physique +165cm Individual walk-in followed by Quarter turns, comparisons and showdown
12		Women's Sport Physique – 165cm Individual walk-in followed by Quarter turns, comparisons and showdown
13		Women's Sport Physique +165cm Individual walk-in followed by Quarter turns and showdown
14		Women's Athletic Physique -165cm/+165cm quarter turns/compulsory poses/showdown
15		Women's Wellness Physique -165cm/+ 165cm individual walk – in, quarter turns and showdown
16		Women's Swimsuit Physique open Individual walk-in followed by quarter turns, comparisons and showdown
		5 Minutes break
17	14:40 – 15:10	Award ceremony Women's Junior Model Physique open Women's Lady Model Physique +30 Women's Lady Model Physique +40 Women's Model Physique – 160 cm Women's Model Physique – 165 cm Women's Model Physique + 165 cm Women's Sport Physique – 165 cm Women's Sport Physique + 165 cm Women's Athletic Physique -165cm Women's Athletic Physique +165cm Women's Wellness Physique – 165cm Women's Wellness Physique +165cm Women's Swimsuit Physique
18	15:10 – 15:20	Overall Women's Model Physique Discipline, Intro, walk-in, quarter turns, show-down Overall Women's Sport Physique Discipline, Intro, walk-in, quarter turns, show-down Overall Women's Athletic Physique Discipline, Intro, quarter turns/compulsory poses, show-down, Overall Women's Wellness Physique Discipline, intro, quarter turns, show-down

19	15:20 - 15:25	Award ceremony (checks and diadem) Overall Women's Model Physique Discipline Overall Women's Sport Physique Discipline Overall Women's Athletic Physique Discipline Overall Women's Wellness Physique Discipline
		Change of Judges Panel
20	15:25 -15:35	Junior Men's Bodybuilding open Introduction followed by Posing routines
21		Junior Men's Bodybuilding open Compulsory poses and pose-down
22	15:35 – 15:55	Masters Men's BB -50/+50 years introduction followed by routines
23		Masters Men's BB -50/+50 years compulsories/posedown
24	15:55 – 16:10	Men's Sport Physique -178cm Individual walk-in followed by Quarter turns and showdown
25		Men's Sport Physique +178cm Individual walk-in followed by Quarter turns and showdown
26	16:10 – 16:20	Men's Athletic Physique -178cm introduction followed by routines, compulsory poses/comparisons and pose-down
27	16:20 – 16:25	Men's Athletic Physique +178cm introduction followed by routines, compulsory poses/comparisons and pose-down
28	16:25 – 16:30	Men's Classic Physique introduction followed by routines, compulsory poses/comparisons and pose-down
29	16:30 – 16:40	Men's Natural Bodybuilding introduction followed by routines, compulsory poses/comparisons and pose-down
30	16:40 – 17:15	Men's BB - 80kg introduction followed by routines
31		Men's BB - 80 kg compulsory poses/posedown
32		Men's BB - 90 kg introduction followed by routines
33		Men's BB - 90 kg compulsory poses/posedown
34		Men's BB - 100 kg introduction followed by routines
35		Men's BB – 100 kg compulsory poses/posedown
36		Men's BB + 100 kg introduction followed by routines
37		Men's BB + 100 kg compulsory poses/posedown
38	17:15 – 17:45	Award ceremony Junior Men's BB open Master Men's BB -50/+50 years Men's Sport Physique -178cm/+178cm Men's Athletic Physique -178cm/+178cm Men's Classic Physique Men's Natural Bodybuilding Men's BB – 80 kg Men's BB – 90 kg Men's BB – 100 kg Men's BB + 100 kg
39	17:45 - 17:50	Overall Men's Sport Physique Discipline, Intro, walk-in, quarter turns, show-down Overall Men's Athletic Physique Discipline, Intro, compulsory poses, pose-down
40	17:50 – 17:55	Men's BB Overall introduction, compulsory poses/comparisons, pose-down
41	17:55 – 18:00	Award ceremony for discipline winners (check) Men's Sport Physique Discipline Men's Athletic Physique Discipline Men's BB Overall (check and Sword)
42	18:00	Closing of the Championships

Wichtiger Hinweis: Dieser Ablaufplan hat nur vorläufigen Charakter, die zeitliche Abfolge kann sich ändern, AthletInnen müssen sich jederzeit zum Einsatz nach Aufruf durch die backstage marshalls bereithalten.
Important Note: This schedule is not cast in stone, times may vary, athletes have to be ready according to the callouts of the Backstage Marshall!!